

Training Stages in Pushing Hands with Intent

Preliminaries: Partner A will be the initial pusher, partner B will be the initial pushed. Partner A starts the action by pushing B at random intervals. Partner B completes the technique, and then the partners stop and begin again, except for level 5, where the action is continuous. Partners should work for a specified time (round) and then switch roles. Begin practicing at each stage with single pushing hands pattern number 1. When the partners are comfortable with applying pattern number 1, then proceed to patterns 2, 3, and 4. When the partners are comfortable with single pushing hands patterns, proceed to double pushing hands.

1. No Excess No Deficiency: The Partner A pushes at random times to uproot Partner B. Partner B redirects and neutralizes the push. Partner A must take care to remain rooted and not to commit the fault of butting (excess) by compromising his root during the push. Partner B must take care to preserve center (head upright, no tilting no leaning), keep Kua and waist relaxed and agile (sung Kua, sung Yao) and to implement peng with softness within hardness, avoiding the fault of resistance, and hardness within softness, avoiding the fault of deficiency (letting the partner collapse your peng and attach to your center).
2. Turn Yin to Yang. Apply the Circling Turning Secret: Partner A pushes to uproot and Partner B redirects and neutralizes the push and then tries to preserve and return (circle back) the energy of the Partner A's push.
3. Turn Yang to Yin. Partner A pushes to uproot and the partner B redirects and neutralizes the push. If partner A feels partner B resisting, he/she will switch from push to pluck.
4. Follow and redirect pluck. Partner "A" pushes and partner "B" then plucks the push. "A" tries to extend and follow the pluck; bend, circle and redirect the pluck and then extend and redirect the energy of the pluck into a push attack against "B".
5. All techniques mixed.